

About the Program

The Safe Sleep program aims to prevent infant sleep-related deaths by educating parents and caregivers on the importance of practicing safe sleep for their babies and by providing portable cribs to families who, otherwise, cannot afford a safe place for their babies to sleep.



For More Information:

Website

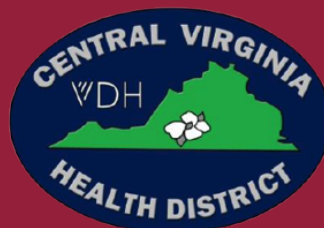
www.CVHD.org

Email

AskCVHD@vdh.virginia.gov

Phone

434-477-5973



Safe Sleep Program

Central Virginia Health District





Who is Eligible?

The parent/caregiver must be on public assistance and have no safe sleeping arrangement for their baby.

Pregnant mothers must be in their third trimester of pregnancy. The parent/legal guardian of an existing child must have a baby that is less than 6 months old, weighs less than 30 pounds and is less than 35 inches in length.

How Do I Sign Up?

Call

434-477-5973

Is There A Cost?

No, the class and the portable crib are free!



Visit

307 Alleghany Ave,
Lynchburg, VA 24501